



Pineapple-Coconut Crisp

 Vegetarian

READY IN



50 min.

SERVINGS



6

CALORIES



245 kcal

DESSERT

Ingredients

- ☐ 3 tablespoons flour all-purpose
- ☐ 0.3 teaspoon ground ginger
- ☐ 3 tablespoons brown sugar light packed
- ☐ 0.3 cup oats
- ☐ 40 oz pineapple chunks packed in juice, well-drained canned
- ☐ 2 tablespoons sugar
- ☐ 0.3 cup coconut sweetened flaked
- ☐ 3 tablespoons butter unsalted chilled cut into 1/2-inch pieces

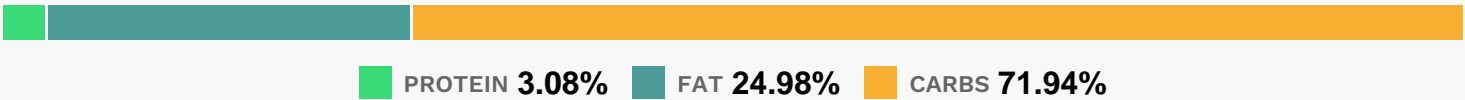
Equipment

- ☐ bowl
- ☐ oven
- ☐ wire rack

Directions

- ☐ Preheat oven to 400F.
- ☐ Mix sugar and pineapple in a 9-inch pie plate.
- ☐ Combine oats, coconut, brown sugar, flour and ginger in a bowl.
- ☐ Add butter and pinch with your fingers until well combined and mixture is crumbly. Scatter topping over pineapple.
- ☐ Bake until fruit is bubbling and topping is golden, 35 to 40 minutes.
- ☐ Let cool on a wire rack.
- ☐ Serve warm.

Nutrition Facts



Properties

Glycemic Index:30.85, Glycemic Load:5.64, Inflammation Score:-4, Nutrition Score:6.1430435135313%

Nutrients (% of daily need)

Calories: 244.67kcal (12.23%), Fat: 7.15g (11%), Saturated Fat: 4.59g (28.7%), Carbohydrates: 46.33g (15.44%), Net Carbohydrates: 43.06g (15.66%), Sugar: 38.12g (42.35%), Cholesterol: 15.05mg (5.02%), Sodium: 14.77mg (0.64%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 1.98g (3.96%), Vitamin C: 17.77mg (21.53%), Vitamin B1: 0.24mg (15.91%), Fiber: 3.26g (13.05%), Copper: 0.24mg (11.8%), Manganese: 0.21mg (10.71%), Magnesium: 36.5mg (9.13%), Potassium: 274.22mg (7.83%), Vitamin B6: 0.15mg (7.55%), Selenium: 3.79µg (5.41%), Vitamin A: 269.45IU (5.39%), Iron: 0.96mg (5.35%), Folate: 17.78µg (4.45%), Vitamin B3: 0.84mg (4.19%), Calcium: 39.74mg (3.97%), Vitamin B2: 0.07mg (3.96%), Phosphorus: 36.73mg (3.67%), Zinc: 0.37mg (2.5%), Vitamin K: 1.89µg (1.8%), Vitamin E: 0.22mg (1.44%)